

B	I	N	G	O
Trying marijuana	Apologizing after making a mistake.	Advocating for a change you believe in at your school or in your community.	Driving under the influence	Sharing a vulnerable feeling with a trusted friend or adult.
Joining a new club or team where you don't know anyone.	Cyberbullying or online harassment	Taking a challenging course (e.g. Honors AP or a new subject).	Performing in public (music speech comedy).	Asking someone on a date.
Sexting or sharing explicit content	Standing up for a peer who is being bullied or excluded.	FREE	Trying out for sports team or talent show.	Attending a school dance or social event.
Peer pressure to try substances	Hiding substance use from parents	Creating something and sharing it (writing art music videos) despite fear of judgment.	Ignoring mental health struggles	Skipping school
Introducing yourself to someone new.	Reckless driving or speeding	Smoking cigarettes	Experimenting with prescription drugs (without a prescription)	Engaging in physical fights

B	I	N	G	O
Learning to cook a new recipe. Traveling without your family (e.g. a school trip summer program).	Ignoring mental health struggles	Ending a toxic or unhealthy friendship.	Attending parties where drugs/alcohol are present	Binge drinking
Mixing alcohol with energy drinks	Joining a new club or team where you don't know anyone.	Introducing yourself to someone new.	Asking someone on a date.	Standing up for a peer who is being bullied or excluded.
Shoplifting or theft	Hiding substance use from parents	FREE	Attending a school dance or social event.	Truancy or breaking curfew Gambling or betting money
Trying out for sports team or talent show.	Taking a challenging course (e.g. Honors AP or a new subject).	Apologizing after making a mistake.	Peer pressure to try substances	Sharing a vulnerable feeling with a trusted friend or adult.
Cyberbullying or online harassment	Driving under the influence	Reckless driving or speeding	Sexting or sharing explicit content	Performing in public (music speech comedy).

B	I	N	G	O
Skipping school	Attending a school dance or social event.	Binge drinking	Reckless driving or speeding	Joining a new club or team where you don't know anyone.
Cyberbullying or online harassment	Sexting or sharing explicit content	Mixing alcohol with energy drinks	Apologizing after making a mistake.	Hiding substance use from parents
Advocating for a change you believe in at your school or in your community.	Introducing yourself to someone new.	FREE	Trying marijuana	Attending parties where drugs/alcohol are present
Using e-cigarettes or vaping	Unprotected sex	Sharing a vulnerable feeling with a trusted friend or adult.	Peer pressure to try substances	Defining your own values instead of just following the crowd.
Trying out for sports team or talent show.	Asking someone on a date.	Ignoring mental health struggles	Driving under the influence	Engaging in physical fights